

***The Influence of Self Efficacy towards Subjective Well-being on
Special Education (SLB)'s Teacher in Padang***

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ABSTRACT

Problems subjective well-being on SLB's teachers are the complexity of the task into a SLB's teacher and the lack of supporting facilities for teaching and learning activities. One of the factors that affect subjective well-being is called self efficacy that is given contribution of satisfaction and well-being of individuals.

This study aimed to determine the influence of self efficacy towards subjective well-being on SLB's teacher in Padang. The method used was Quantitative Research Methods. Measurement used the scale of life satisfaction called Satisfaction With Life Scale (SWLS) with reliability 0.919, Positive And Negative Affective Scale (PANAS) with reliability 0.935 for subjective well-being, and the self efficacy scale were made by researcher based on theory of Bandura which divided into three dimension were level, generality, and strength with the reliability of 0,954. Samples included 97 teachers from Special Education (SLB) in Padang, which by used the purposive sampling. Analytical technique that used by a simple linear regression.

The results showed that the value of significance (p) was $0.010 < 0.05$. Based on these results the alternative hypothesis (H_a) research was accepted. The significant value proved that self efficacy gave signification of effect towards subjective well-being on SLB's teacher in Padang. This means, high and low self efficacy can affect a person's subjective well-being. Meanwhile, the value of R^2 was 0.068 indicated the self efficacy contributed to influence of subjective well-being as much as 6.8%.

Keywords: self-efficacy, subjective well-being, SLB's teachers

Pengaruh *Self Efficacy* terhadap *Subjective Well-being* pada Guru SLB di Kota Padang

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ABSTRAK

Permasalahan *subjective well-being* pada guru SLB yaitu kompleksnya tugas menjadi guru SLB serta kurangnya fasilitas yang mendukung untuk proses belajar mengajar. Salah satu faktor yang mempengaruhi *subjective well-being* adalah *self efficacy* yang memberikan kontribusi terhadap kepuasan dan kesejahteraan individu.

Penelitian ini bertujuan untuk melihat pengaruh *self efficacy* terhadap *subjective well-being* pada Guru SLB di Kota Padang. Metode penelitian yang digunakan adalah kuantitatif. Pengukuran menggunakan skala kepuasan hidup *Satisfaction With Life Scale* (SWLS) dengan reliabilitas 0,919, skala Afek Positif dan Negatif (PANAS) dengan reliabilitas 0,935 untuk *subjective well-being*, dan skala *self efficacy* yang dibuat sendiri oleh peneliti berdasarkan teori Bandura yang terdiri dari tiga dimensi yaitu, *level*, *generality*, dan *strength* dengan reliabilitas 0,954. Sampel penelitian berjumlah 97 orang guru SLB di Kota Padang, dengan menggunakan teknik *purposive sampling*. Teknik analisa yang digunakan adalah regresi linear sederhana.

Hasil penelitian menunjukkan nilai signifikansi (p) sebesar $0,010 < 0,05$. Berdasarkan hasil tersebut maka hipotesis alternatif (H_a) penelitian ini diterima. Nilai signifikansi ini membuktikan bahwa *self efficacy* berpengaruh signifikan terhadap *subjective well-being* pada guru SLB di Kota Padang. Hal ini berarti, tinggi rendahnya *self efficacy* seseorang dapat mempengaruhi *subjective well-being* orang tersebut. Sedangkan, nilai R^2 sebesar 0,068 menunjukkan bahwa *self efficacy* berkontribusi mempengaruhi *subjective well-being* sebesar 6,8%.

Kata Kunci : *self efficacy*, *subjective well-being*, guru SLB